

# Did you get the handout?



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- Visit [apocalypserising.dragoncon.org/](http://apocalypserising.dragoncon.org/) to get copies of handouts and view videos of some of our track sessions.

# Keys to Survival



# What Causes a Disaster?



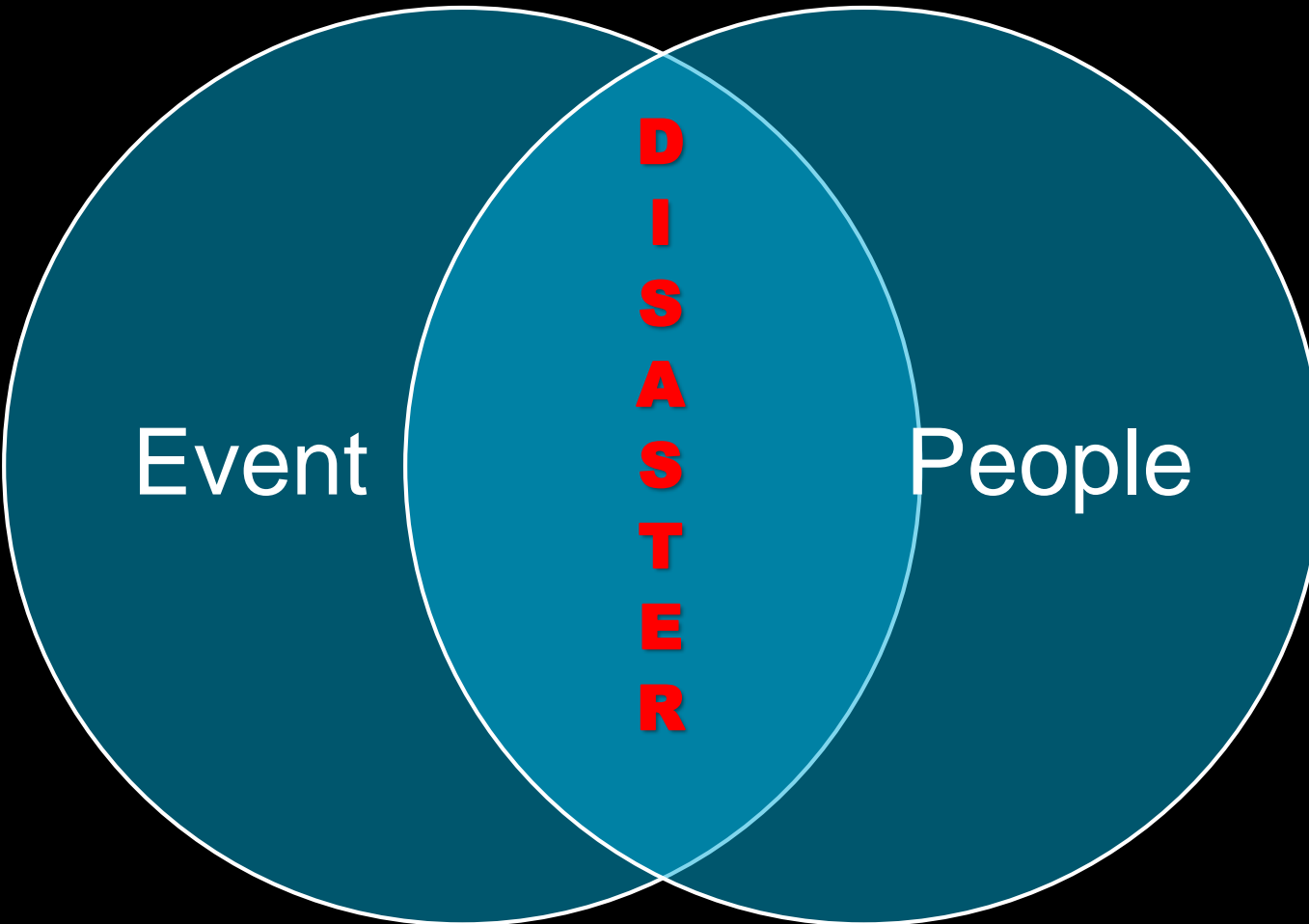
## Miami Beach



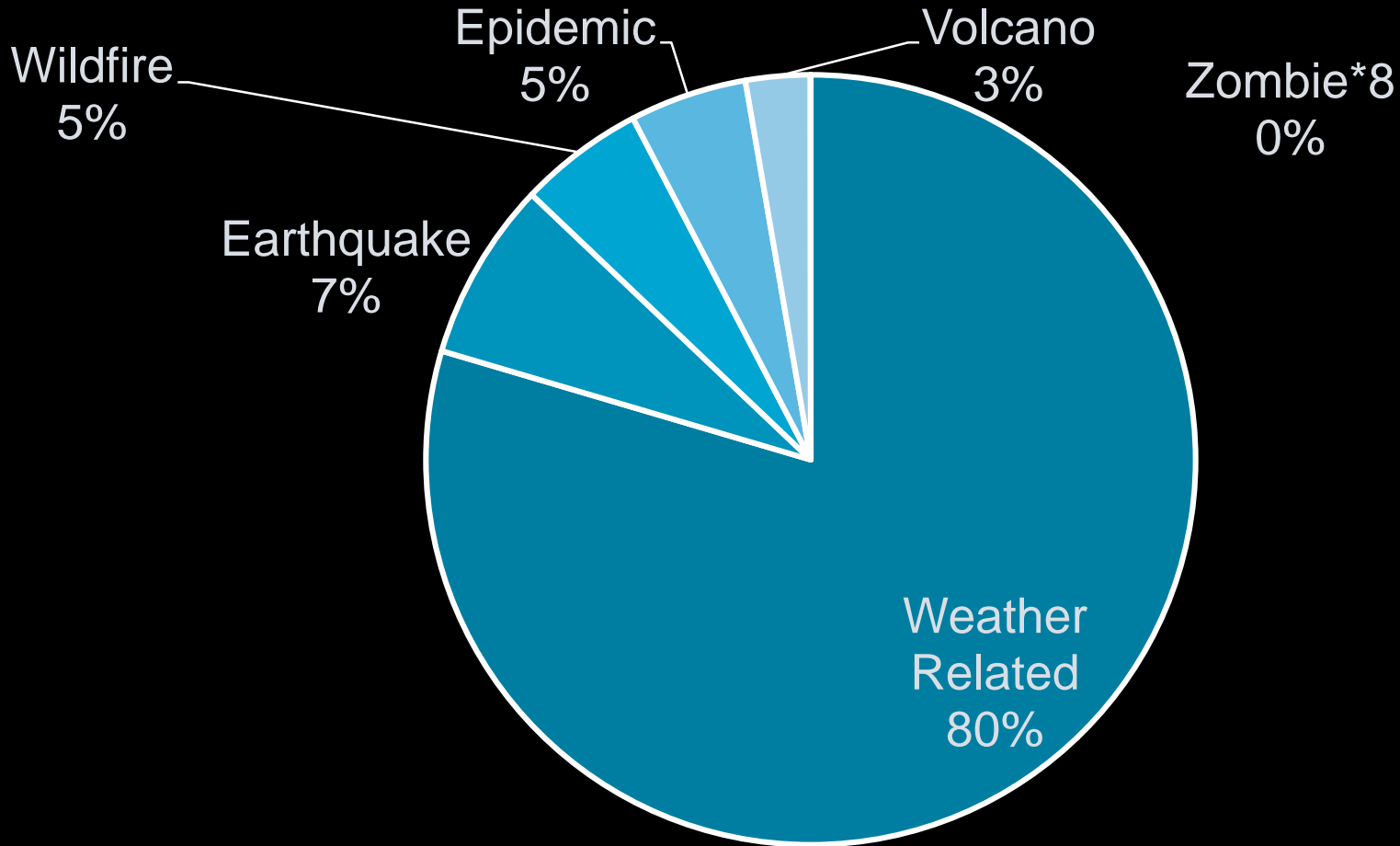
1940s<sup>\*14</sup>



Today<sup>\*15</sup>



# Distribution of Disasters in the Americas 1980 - 2008



Source: [http://www.preventionweb.net/english/countries/statistics/index\\_region.php?rid=2](http://www.preventionweb.net/english/countries/statistics/index_region.php?rid=2)

# Most Common Mistakes

- Waiting too late to prepare or take action
- Where to Bug Out: The mall, unfamiliar areas
- Lone wolf: Works for short duration only
- Weapons = Safety
- Resupply: Retail stores or distribution centers
- Relying on government or relief groups
- Underestimating consumption
- Rural = Food
- Pharmacies/Hospitals for medical supplies  
(use veterinarian offices)
- Loss of communications



# Stage 0 – Before the Event



- Public becomes aware of pending disaster.
- Actor: Unaware
  - Ignores warnings
  - Takes no action
- Actor: Unprepared
  - Rush, panic buying
  - Stays or flees area with no plan
- Actor: Prepared
  - Evaluates situation, updates and follows plan



\*4

# Stage 1 – Disaster Strikes



## Bugging In (Stay in Place)

- Local supplies depleted
  - Panic buying
  - Looting
- Temporary gas shortage
- Loss of power and water
- Private supplies dwindle

## Bugging Out (Flee the Area)

- Traffic jams and blocked roads
- Conditions better/worse at destination
- Shortage of hotels
- Limited supplies
- Limited resupply

# Stage 2 – Resupply



- Companies are able to restock
- Supplies from relief groups or government
- Communities provide assistance
- Repairs to infrastructure restore services
- Supplies stolen from secondary sources
  - Non-retail businesses, warehouses, and public buildings
  - Residences and vehicles



# Stage 3 – Secondary Collapse



- Hoarding creates artificial scarcity
- Additional infrastructure failures
- Disruption of public and private services
- People become more desperate leading to organized gangs
- Disease
- Starvation



\*13

# Stage 4 – Recovery



- Restoration or replacement of:
  - Food, clean water, and medical
  - Power
  - Transportation
  - Sanitation
  - Commerce
  - Residences



\*14

# What Could a Zombie Apocalypse Look Like?



- A Zombie outbreak would claim city of 500,000 in just 3 days<sup>\*6</sup>
- 2005 Hurricane Katrina<sup>\*3</sup> Displaced over 1 million people
- 2003 power grid failure affected 45 million people<sup>\*9</sup>
- 1918 Spanish Flu<sup>\*1</sup> 30% of the world's population infected and 3-6% died
- 2002 SARS,<sup>\*2</sup> spread to 37 countries in weeks with a 9.6% fatality rate

# Did you know?



- Major cities have only a 3 day supply of food in stores

# Oral Rehydration Solutions (ORS)



- 6 level teaspoons of sugar
- 1/2 level teaspoon of salt
- In 1 liter of clean water

# Bucket Water Filtration System

- Bio-filters have three separate layers:
  - Gravel
  - Sand
  - Activated charcoal
- <http://www.offthegridnews.com/how-to-2/how-to-build-a-bio-water-filter/>





# Canned Food Prepping



- Buy one extra can every time you shop.
- Write the date on the can.
- Use oldest cans first.
- Build your food supply over time with little impact to budget.

# Emergency Food

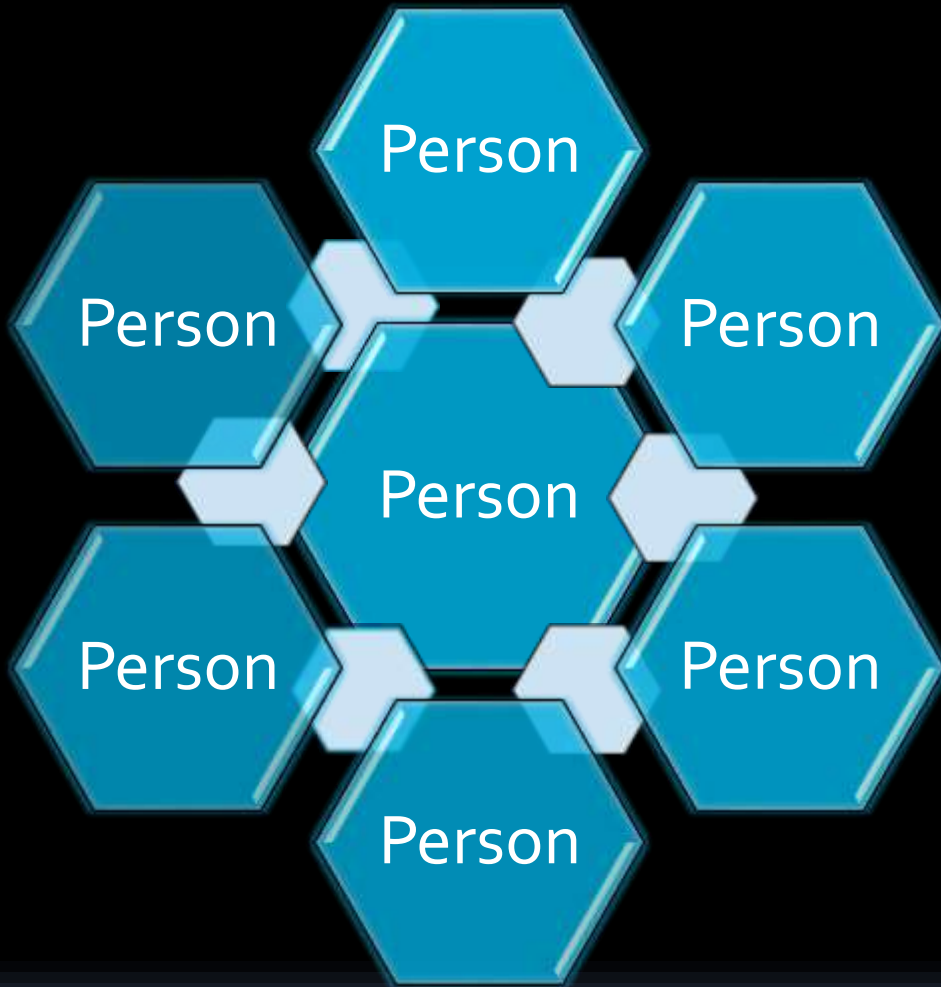
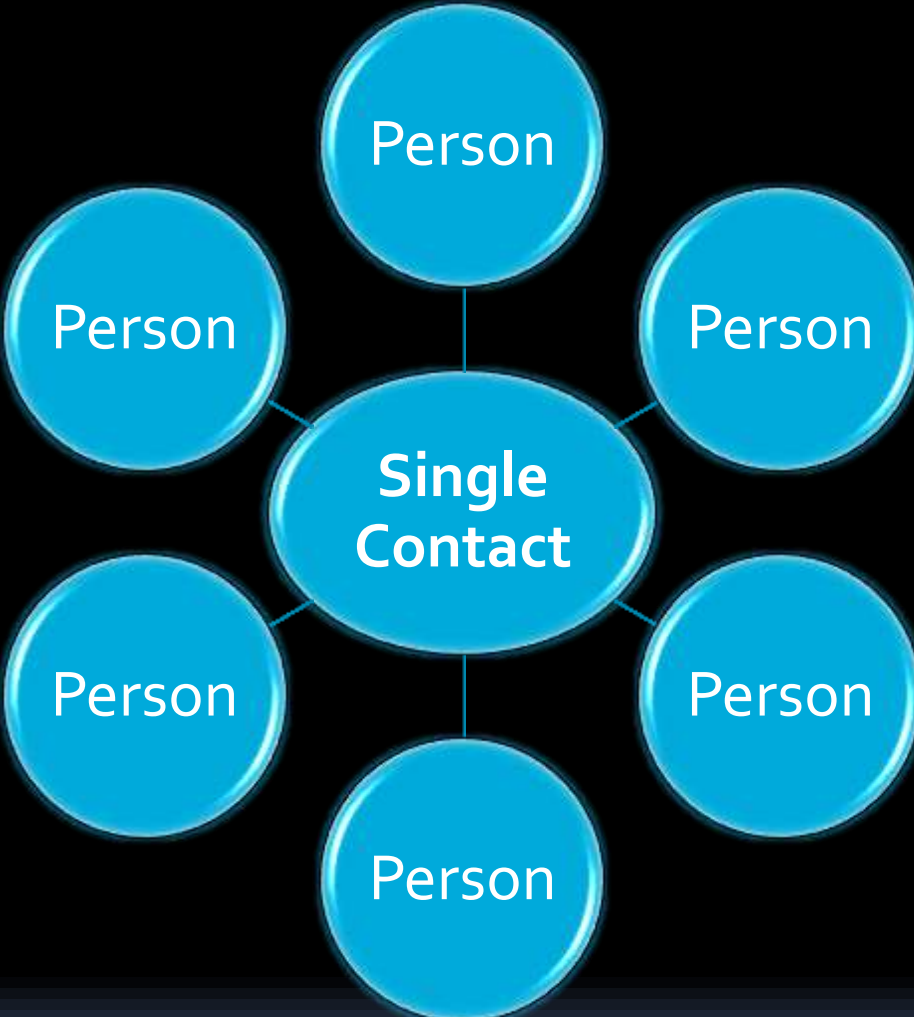


- 1 tablespoon Chia seed per day
- Pemmican jerky

# Straw bale gardening



# Define a single check-in person, not a call tree





# Emergency 2-Way Radio



## 8-Watt Dual Band Two-Way Radio

- 65-108 MHz(Only commercial FM radio reception)
- VHF: 136-174 MHz(Rx/Tx)
- UHF: 400-520 MHz(Rx/Tx)
- Broad (Wide) / Narrowband (Narrow) Selectable



# 5 Things Missing from your B.O.B.



- Playing cards
- Flavored energy drink packets
- Oral Hydration Solution (ORS)
- Spices (MREs get old, fast)
- Local maps



# Easy B.O.B. Packing

- Use clean, old pill containers for sorting and storage
- Wrap container with tape or paracord



# Pocket First Aid Kit for Under \$3



- Eye glasses case
- Band-Aids, steristrip
- Packets: antibiotic, itch, antiseptic, sting
- Emergency drugs
- Tweezers
- Safety pins
- Tampon
- Matches
- Mini-sewing kit



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# Which stands out if you bug out?





# Don't Fear the Zombies



- Zombies
  - No scientific basis for the animated dead being able to exist or persist
  - Encounter = Death, especially fast zombies
  - Survive 3-6 weeks, plague could burn out
- Stages of Decay<sup>\*7</sup>
  - Rigor mortis after 3-24 hours, hardening of the body
  - After 36-72 hours, muscle tissue relaxes and tissue begins to decompose and liquify
  - Full skeletonization usually in 2 weeks to 2 years

# Hollow Point vs Full Metal Jacket



<http://policemarksman.com/2014/06/26/sighting-in-on-understanding-bullet-performance/>



# Deciding on the best defense round?



- Comparison of 146 defense rounds:  
<http://www.luckygunner.com/labs/self-defense-ammo-ballistic-tests/>



# Weapons for Survival



- Good fixed blade knife
- Machete (not swords)
- Light weight pry bar (defense and entry)
- Common ammunition:
  - Government:  
5.56x45 (.223), 7.62x52 (.308), 9mm
  - Private:  
.22LR, 30-30, 30/06, .223, .308, .38, 9mm, .45
- Rifle:
  - 30/30 lever, 30/06 or .308 bolt action
  - .22LR rifle (Ruger 10/22)
  - AR-15 semi-auto 5.56/.223
- Pistol:
  - .357/.38 revolver, 9mm/.45 semi-auto, .22LR
- Shotgun:
  - 12 or 20 gauge pump

# 3 Day Survival Pack

- Backpack
- MRE or Freeze dried food
- Flashlights
- Batteries
- Hand-crank radio
- Multi-tool
- Knives (folding and fixed)
- 550 paracord
- Clothes and shoes
- Water purification tabs or filter
- Multi-vitamins
- First aid kit
- Survival handbook
- Hygiene necessities
- Fire-starting materials
- Emergency blankets
- Bug repellent
- Compass
- Map
- Signal mirror
- Sun block
- Safety whistle
- Ziploc bags
- 150 grain alcohol
- Tarp
- Water bottles
- Moleskin
- Roll of duct tape
- Camp stove
- Can opener (small)
- Machete
- Prybar
- Folding shovel
- Saw
- Poncho
- Solar charging kit
- Cash
- Personal defense
- Medications
  - Anti-diarrhea medication
  - Anti-inflammatory
  - Pain
  - Decongestant
  - Prescription
  - Anti-fungal
  - Anti-inch
  - Honey

# 3 Weeks – 3 Months Survival

See Web Resources for detailed lists

- Expanded consumables
- Full backpack
- Solar recharger
- Water purification tablets, bleach and high flow water filter
- Camp toilet
- Cart, wagon, bike, etc. to collect/move supplies
- Firearms and ammunition (safety and barter)
- Improved shelter
- Water/rodent proof containers
- Sleeping bag
- Machete
- Prybar
- Extra boots
- Gas cans
- Fuel syphon or lightweight hose
- Alternate fuel supplies
- 2 way radios with multiple bands
- Handheld scanner
- Aluminum foil (cook, cover windows)
- Binoculars
- Night vision optics
- Additional medications



# Reference Materials: Non-Fiction

- How to Survive the End of the World as We Know It: Tactics, Techniques, and Technologies for Uncertain Times by James Wesley Rawles
- Survival Wisdom & Know How: Everything You Need to Know to Thrive in the Wilderness by The Editors of Stackpole Books
- When There Is No Doctor: Preventive and Emergency Healthcare in Challenging Times by Gerard S. Doyle (Author)
- Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergency, 5th Edition by Paul S. Auerbac
- How to Shit in the Woods, 3rd Edition: An Environmentally Sound Approach to a Lost Art by Kathleen Meyer
- The Hot Zone: A Terrifying True Story by Richard Preston
- Parasite Rex: Inside the Bizarre World of Nature's Most Dangerous Creatures by Zimmer, Carl

# David Harmer Publications



Non-Fiction: [www.survivetheaftermath.com](http://www.survivetheaftermath.com)

- Disaster Survival Guide
- Alley Rabbit
- Survival Weapons and Techniques

Post Apocalypse RPGs: [www.fantasygamesunlimited.net](http://www.fantasygamesunlimited.net)

- Aftermath! (base post apocalypse RPG)
- Aftermath! Technology!
- Aftermath! Magic!
- Aftermath! Survival Guide
- Aftermath! Asteroid Cybele: Lords of London (artist)
- Aftermath! Asteroid Cybele: The American Wasteland (author and artist)



# Reference Materials: Fiction

## Books

- World War Z: An Oral History of the Zombie War by Max Brooks
- The Zombie Survival Guide: Complete Protection from the Living Dead by Max Brooks
- One Second After by William R. Forstchen
- Rot & Ruin by Jonathan Maberry
- Warm Bodies by Isaac Marion
- Patient Zero: A Joe Ledger Novel by Jonathan Maberry
- Apocalypse Z: The Beginning of the End by Manel Loureiro
- 77 Days in September by Ray Gorham
- The Moon Is a Harsh Mistress by Robert A. Heinlein
- Atlas Shrugged by Ayn Rand

## Movies

- I Am Legend
- 28 Days Later
- Day of the Dead
- World War Z
- Warm Bodies

# Web Resources

## Preparation Organizations and Resources

- [ZombieSquad - http://zombiehunters.org/](http://zombiehunters.org/)
- [SurvivaBlog.com](http://SurvivaBlog.com)
- [Food Supply Guidelines for Survival Preparedness](#)

## Bug Out Bag and Survival Lists

- <http://www.ready.gov/build-a-kit>
- <http://frugaldad.com/2010/02/10/bug-out-bag-essentials/>
- <http://www.survivalhour.com/Articles/bug-out-bag-checklist>
- <http://www.amazon.com/Bug-Out-Bag-Essentials/lm/R3GJVHW6V2NAZV>
- <http://www.howtosurvivestuff.com/survival-gear/bug-out-bag-checklist-essentials-for-your-tactical-supply-and-survival>
- <http://www.survivalblog.com/newbies.html>
- <http://www.thesurvivalistblog.net/category/bugging-out-bags-kits/>
- <http://inchsurvival.com/site/2012/12/bug-out-bag-checklist/>
- <http://www.bugoutbaglist.com/>

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